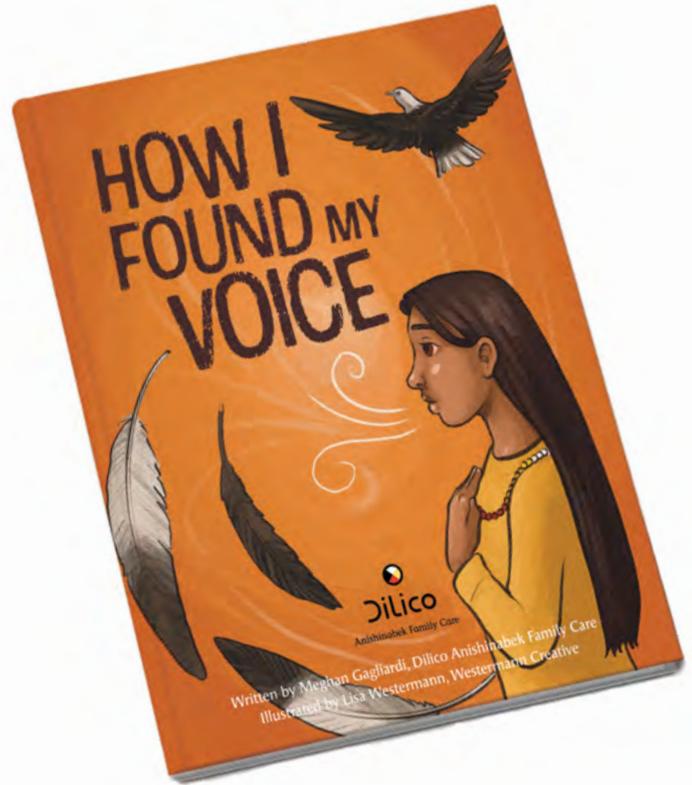




October 2022

THE FINDING YOUR VOICE SCAVENGER HUNT



You are encouraged to complete as many of the tasks before the end of October. For every task completed, you will be entered into a draw to **WIN 1 OF 3 GRAND PRIZES!** Children should be accompanied by an adult during all tasks. You can participate as a family or with a friend.

HOW IT WORKS:

After you accomplish a task, you are encouraged to snap a photo. If you visit a website or download a resource, take a screenshot. If going to a physical location right now is not comfortable or realistic for participants, you can visit the corresponding website instead. Screenshots are acceptable proof of accomplishment.

After you complete the desired amount of tasks, send your photo submissions to: stepup@firedogpr.com

Bonus! Post photos on social media using the hashtag **#StepUpTBay** and tag the Step Up pages:

 @StepUpThunderBay  stepup_tbay

SUBMIT YOUR ENTRIES FOR A CHANCE TO WIN!

Don't miss your chance to win 1 of 3 grand prizes that you can share with the whole family, including fun activities to do together this fall!

Depending on how many clues participants or families accomplish, their name may go in several times. During the first week of November, Dilico will draw the names of winners.

For more information, please visit www.dilico.com/stepup

THE FINDING YOUR VOICE SCAVENGER HUNT



 @StepUpThunderBay

 stepup_tbay

Complete as many of the tasks below as you can this October!

- Follow Dilico Anishinabek Family Care & Step Up on Facebook
- Wear **purple**, the signature colour of child abuse prevention month and Go **Purple** for Prevention on October 27th.
- Watch one of the culture teaching videos on the Dilico cultural page:
www.dilico.com/culture/video-library/
- Curl up with your copy of “How I Found My Voice”
- In “How I Found My Voice”, the main character is named “Mashkawizii” which means strength. Come up with a symbolic name to give yourself that represents you.
- Think of an animal that represents you and draw a picture.
- Gather something special that represents learning, bravery or strength for you.
- Find an object that matches the colour you feel best represents you.
- Listen to your heartbeat. Can you hear it like the beating of the drum? Now, listen to Dilico’s Hand Drum song:
www.youtube.com/watch?v=vB0Mh5dS5AI
- Complete your “How I Found My Voice” colouring page:
www.Dilico.com/stepup
- Think about one thing you learned from reading “How I Found My Voice”
- Volunteer in your community!
- Read The Spirit Bear’s Guide to The Truth & Reconciliation Commission of Canada Calls to Action: https://pacificmountain.ca/wordpress2021/wp-content/uploads/child_friendly_calls_to_action_web.pdf
- Learn the land acknowledgement in your community/region.
- Share a photo or a souvenir from a favourite memory.
- Talk to your child about the history and meaning behind “Every Child Matters”. A good start: <https://www.cbc.ca/parents/learning/view/how-to-talk-to-kids-about-national-day-for-truth-and-reconciliation>
- Learn the Seven Grandfather Teachings and what they symbolize:
www.dilico.com/culture/
- Go to the park and find pinecones. When you come home create pinecone animals. Here is an example of a hedgehog to start:
<https://www.cbc.ca/parents/play/view/pine-cone-hedgehogs>
- Create a dream board to share goals and dreams.
- Write a thank you note to someone special in your life that you think is important to you.



Anishinabek Family Care

Don't forget to send your photo submissions to: stepup@firedogpr.com